

Stuffed Peppers

Ingredients:

- 1 c. cooked white or brown rice (start with 1/3 c. uncooked)
- 1 pound extra-learn ground beef (or Italian sausage)
- 2 Tbsp. chopped onion
- 1 tsp. minced garlic
- 4 large bell peppers (red or green)
- 2 c. spaghetti sauce, divided
- ¾ c. shredded mozzarella cheese

Featured in "Prairie Fare : Are Your Cupboards Fodder for a Reality Show?"

Directions:

- Preheat oven to 350 degrees. Prepare rice as directed on the package (or use leftover rice). In a skillet, cook ground beef, onion and garlic over medium heat until brown. Drain the meat. Add rice and 1 cup of spaghetti sauce to the meat, and heat. Cut a slice from the end of each pepper and remove the top of the pepper, the seeds and membranes. If necessary, cut a thin slice from the bottom of each pepper so they stand upright. Rinse the peppers thoroughly. Fill a 4-quart pot about one-half full and heat water to boiling. Add peppers and cook for two minutes, then drain. Stand the

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SERVICE

peppers upright in an ungreased 8-inch glass baking dish. Stuff with rice and meat mixture. Pour remaining spaghetti sauce over the peppers. Cover with foil and bake for 10 minutes. Uncover, then bake for an additional 15 minutes or until peppers are tender. Just before serving, sprinkle with mozzarella cheese.

Makes 4 servings. Per serving when made with brown rice and low-sodium spaghetti sauce: 410 calories, 15 grams (g) fat, 44 g protein, 23 g carbohydrate, 4 g fiber and 310 mg sodium.

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